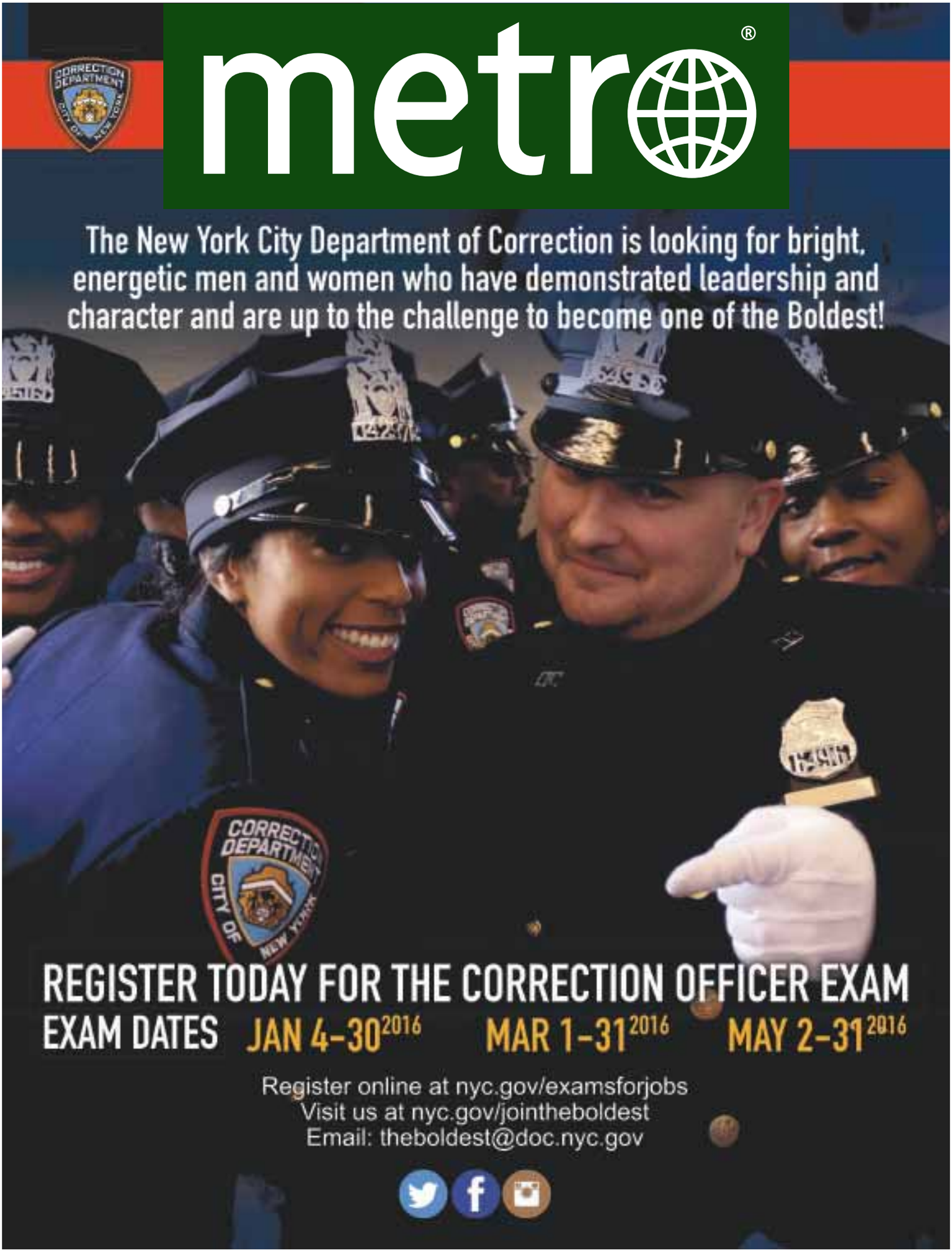
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Record high temps predicted for Xmas Eve. 4

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NO CAM DO

The Giants came oh-so-close to handing Cam Newton and the Panthers their first loss of the season with an epic comeback Sunday, but as has happened so many times in 2015, they came up short. 24

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RUSSIAN AIRSTRIKES

1 Airstrikes believed to have been carried out by Russian warplanes killed scores of people in the center of the rebel-held city of Idlib in northwest Syria on Sunday, rescue workers and residents said. They said at least six strikes had hit a busy market place in the heart of the city, several government buildings and residential areas. REUTERS

US EMBASSY WARNING

2 The United States embassy in Tunisia has warned its citizens to avoid a major shopping mall in the capital Tunis on Sunday because of a reported threat of a potential militant attack there. Tunisia is under a state of emergency following a suicide bomb attack on a presidential guard bus in Tunis last month. That followed two major militant gun attacks on a Tunis museum and a beach hotel targeting foreign tourists.
REUTERS

NFL CONCUSSION DEBATE

3 The film "Concussion," tracing a forensic pathologist's quest to expose the truth about brain injuries in the NFL, casts a spotlight on an issue that has roiled the NFL. The movie also may give parents pause, according to the filmmakers and some former players, about allowing their sons to play the violent sport of football. REUTERS

7 THINGS YOU NEED TO KNOW

TWO NYC COPS MEMORIALIZED

7 New York City police officers attend a plaque dedication ceremony for two fallen New York Police Department officers, Det. Rafael Ramos and his partner Det. Wenjian Liu, at the 84th Precinct in Brooklyn on Sunday.

ALL PHOTOS BY GETTY IMAGES

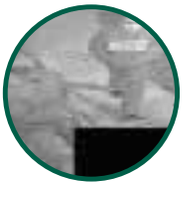
MAN SHOT IN HOSPITAL

4 A Los Angeles police officer on Saturday fatally shot a man who officials said was reaching for a policeman's gun inside a Torrance, California, hospital. Witnesses reported the man as being calm and cooperative until the hospital was ready to release him, at which point he allegedly attacked officers. REUTERS

NY RADIO STAR ARRESTED

5 "Opie and Anthony" personality Anthony Cumia was arrested on Long Island over the weekend, police confirmed. Sources told CBS2 that Cumia, 54, faces various charges, including strangulation, assault and unlawful imprisonment after he was arrested around 11 a.m. Saturday at his home in Roslyn Heights. Sources said the alleged victim is the shock jock's 26-year-old girlfriend. Police arrived at Cumia's home Saturday morning, where they said he was strangling the victim. METRO

ELDERLY MAN ATTACKED



6 Police are looking for a duo of female suspects who attacked a 76-year-old man on Saturday in the Bronx and stole his wallet. The first suspect approached the man and got into a dispute with him while the second woman punched him with a closed fist, police said.
ANGY ALTAMIRANO

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GETTY IMAGES

Record-breaking temperatures ahead, just in time for Christmas

NYC continues its streak of the warmest December on record with highs in the 50s and 60s for next week.

63: Record temperature for Christmas Eve (1996)
67: Predicted temperature for Christmas Eve 2015

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

Instead of a white Christmas, it looks like we're in for a wet and record-breaking warm one.

Temperatures are expected to once again go up this coming week, bringing us numbers in the high 50s and making it past the 60s, according to the National Weather Service.

To start off the week, the temperature hits a high of around 52 with wind chills between 30 and 40, then by the evening there will be a chance of showers, mainly after 1 a.m.

Make sure to take your umbrella with you the rest of the week, as showers are expected to stay with us up until the morning of Christmas Eve.

According to NWS meteorologist Carlie Buccola, Thursday is being forecasted to be the "warmest Christmas Eve on record" with a possible high of 67 degrees — beating a record of 63 degrees back in 1996.

Temperatures this month are about 11.7 degrees above normal — with numbers normally only reaching the low 40s — making it the warmest December on record for the city.

For Christmas Day, we will see a slight drop, only hitting the high 50s, but still staying above average for this time of year.

So put away those sweaters, gloves, wool scarves and hot cocoa — because Santa Claus will be making a stop into a warm New York City this year.

Here's how much more it costs to be a woman than a man in NYC

ISTOCK

Gendered pricing is real, and the Department of Consumer Affairs crunched the numbers to prove it.

EVA KIS
@thisiskis
eva.kis@metro.us

Sometimes it's hard to be a woman. It's always more expensive.

In case you were wondering why we still need feminism, New York City's Department of Consumer Affairs did the math.

In a new report, "From Cradle to Cane: The Cost of Being a Female Consumer," the agency looked at identical products in several categories with "clear male and female versions," and found that women pay more than men 42 percent of the time.

Overall gender tax: 7%

Men paid more for just 18 percent of the items studied.

Officials looked at 794 similar products from 91 brands, such as identical Abercrombie & Fitch logo T-shirts and shaving products. Products targeted to women were more likely to be expensive in every category:

- 13 percent more for personal care products
- 8 percent more for adult clothing
- 8 percent more for senior/home health care products
- 7 percent more for toys and accessories
- 4 percent more for children's clothing

On average, costs for women's products were 7 percent higher than men's.

The biggest difference came in personal care, where women paid 13 percent more for, again, identical hygiene items, with shampoos targeted to women costing a staggering 48 percent more than men's.

This doesn't, of course, account for the additional costs of feminine hygiene products, makeup, nail polish and other products to conform to modern beauty standards.

Though the agency didn't estimate an annual cost disparity, it said the difference in product pricing adds up to thousands of dollars over a woman's lifetime.

All the while the gender pay gap remains stagnant at 79 cents on a man's dollar for female workers.

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Help Metro make magic

Please donate to the Metro Magic annual holiday toy drive during the 2015 holiday season.

In keeping with the holiday spirit of giving, Metro is once again launching Tony's Metro Magic, our annual toy drive for underprivileged children in Boston, New York and Philadelphia.

This year marks the seventh anniversary of the toy drive, which was renamed in memory of the man who oversaw the project for more than four years, Tony Metcalf, Metro's longest-running editor-in-chief. Metcalf passed away in 2013 from colon cancer at the age of 50.

Metcalf lit up every year as he saw the faces of children unwrap their holiday gifts. It is our goal to keep that magic alive. We are now asking readers to contribute what they can to Tony's Metro Magic.

Metro has created a wish list at the Target website that readers can access by going to www.metro.us and clicking on the Tony's Metro Magic logo.

From there, just choose the toys you wish to donate, pay online using Target's secure payment system. Your gifts, along with your name attached, will be delivered to Metro's offices in each city.

This season we hope you will remember the children who will spend the holidays in shelters or who may not have gifts to open. Even one small gift can make a big difference in a child's holiday season.

METRO

Duo steals $24K in jewels from Midtown store

Police release images of a man and woman stealing jewels from a Madison Avenue jewelry store.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

A couple that steals together, stays together.

Police are looking for a duo that entered a Madison Avenue jewelry store earlier this week and got away with close to $24,000 in jewels.

On Monday, Dec. 14 at about 3:10 p.m. the suspects entered Links of London, located at 535 Madison Avenue, where the female suspect took eight pieces of jewelry from a display case while her male counterpart blocked the employee's view, police said.

The couple then fled.

The female suspect is described to be in her late 40s, have a light complexion, blonde hair and was wearing glasses.

The man is in his early 50s, standing about 5-feet-10 and was last seen wearing black-framed glasses.

Police have released surveillance images of the duo.

Police are looking for this man and woman for stealing close to $24,000 in jewels from the Links of London jewelry store on Madison Avenue. NYPD

Anyone with information is asked to call the NYPD's Crime Stoppers Hotline at 1-800-577-TIPS or by texting to 274637 (CRIMES) and then entering TIP577.

Tips from the public may also be submitted online to NYPD crimestoppers.com.

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TRACY LEE

Shoppers enjoy the buzz of last-minute gift lines

Cold snap added to Christmas feeling for Sunday shoppers.

TRACY LEE
@MetroNewYork
letters@metro.us

Holiday shoppers in the city during the last Sunday rush before Christmas enjoyed the hustle in their last gasp for gifts.

"I think I always seem to shop at the last minute when everyone is hustling and bustling, it makes it feel more festive," said Brooklyn's Adelle Lopez.

Carrying an Old Navy bag, Lopez had just bought Christmas stocking stuffers: "two little things as Christmas toppers."

In front of Macy's Herald Square Christmas display windows, Lopez laughed at the thought of making her way around the big block between Sixth and Seventh avenues, bouncing around to get last-minute gifts for acquaintances.

At crunch time, Lopez took also a moment to enjoy the sights in front of Macy's.

A woman wearing a Santa hat in a makeshift store front outside, was selling Santa hats for $5.

"Santa hats, let's buy them out," she said over the buzz of fellow shoppers.

As families, tourists and New Yorkers took on the epicenter of New York's holiday shopping scene, the added drop of temperatures over the weekend brought many feeling more holiday-spirited.

"Cold weather does bring out the image of Christmas," Chris Randolph, 30, from the Bronx said.

Holding a Victoria's Secret shopping bag as he waited on a subway platform, Randolph said he had been out earlier shopping with his girlfriend.

"I always wait till last minute. I always procrastinate, if it's super early. I work better under pressure. I can't wait around," he said.

Randolph said he and his girlfirend don't like to play guessing games when it comes to presents, which is why they shop together. "We got exactly what the person wants," Randolph said.

He said he will be done with his Christmas shopping by Wednesday and after that, he will come into Midtown, just to see the tree at Rockefeller Center.

For others, Sunday was about taking off from shopping and instead. walking around.

Michael Moss, a native New Yorker who now lives in Florida, visits the city around this time every year with his family.

"I'm walking around with my 8-year-old granddaughter, we're checking out the Christmas display windows, and then we'll go to Rockefeller. … I want her to see the lights," Moss said.

But his 27-year-old son, Ian, joked that he'll be out Christmas Eve shopping.

"It just always turns out better that way. Crunch time to go and do things," he said.

"I always wait till last minute, I always procrastinate … I work better under pressure." Randolph

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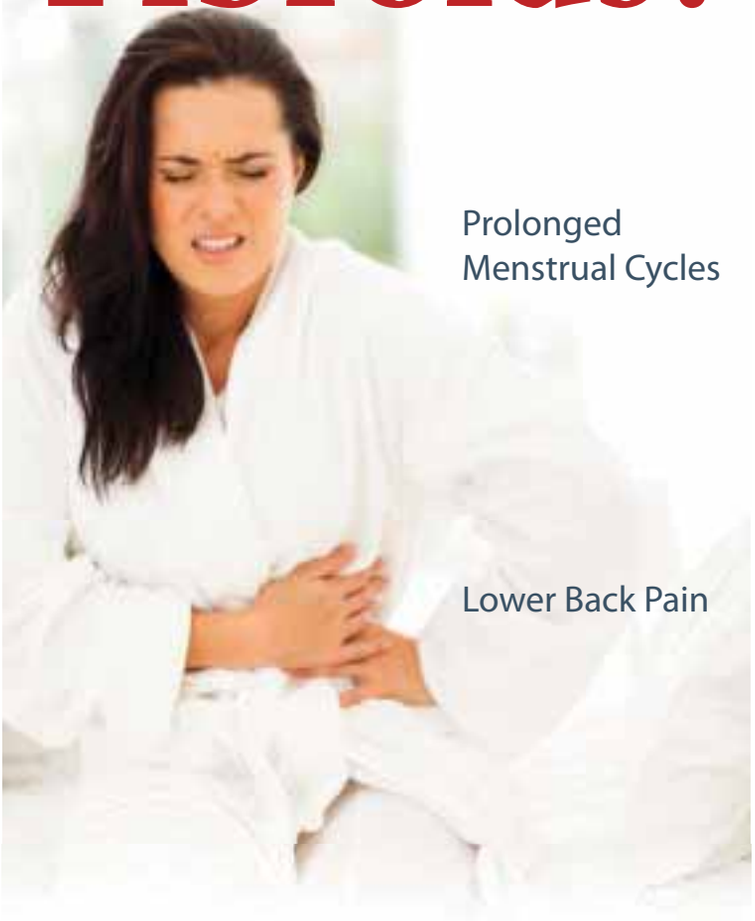

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Clinton backs Obama's Islamic State strategy in Democratic debate

The debate was the Democrats' first since the deadly Dec. 2 attack by a pair of radicalized Muslims in San Bernardino, California, which along with the November attacks in Paris elevated national security to the top of the campaign agenda.

Hillary Clinton GETTY IMAGES

Democratic presidential front-runner Hillary Clinton backed elements of President Barack Obama's strategy to fight Islamic State militants in a debate on Saturday, drawing criticism from all sides for saying "we now finally are where we need to be" in Syria.

Top rival Bernie Sanders accused Clinton of being too quick to push for regime change, while Republican candidate Carly Fiorina, said the former secretary of state was too willing to cede U.S. policy to other countries.

Obama has relied heavily on U.S. air strikes against Islamic State targets in Syria and Iraq, and has deployed dozens of special operations troops to northern Syria to advise opposition forces. In Iraq, about 3,500 U.S. troops are assisting Iraqi forces.

Like Obama, Clinton backs the use of special forces but says a large deployment of U.S. ground forces in the Middle East would be counterproductive.

"We now finally are where we need to be. We have a strategy and a commitment to go after ISIS," she said, noting a U.N. Security Council resolution had brought "the world together to go after a political transition in Syria."

That drew a quick response from Republican candidates, who seized the opportunity to tie Clinton to a Syria strategy that has yielded few tangible gains to date.

Fiorina, a former technology executive, said Clinton is too willing to rely on U.N resolutions rather than acting unilaterally. "It's what 'leading from behind' is, I guess," she said on "Fox News Sunday."

"No, Hillary Clinton, we are not 'where we need to be' in fight against ISIS," former Florida Gov. Jeb Bush wrote on Twitter during the debate. Hours later, his campaign released a video contrasting her comments with TV footage of the San Bernardino and Paris attacks.

Attacking from the other side, Sanders said the United States should focus on defeating Islamic State, also known as ISIS or ISIL, rather than also trying to remove Syrian President Bashar al-Assad from power.

Since the start of the conflict in 2011, the Obama administration has applied diplomatic pressure to push Assad out of office but has stopped short of military attacks against his regime. REUTERS

Trump, Sanders say US should not try to topple dictators

Presidential candidates Bernie Sanders and Donald Trump said separately on Sunday that the United States should not try to topple dictators such as Syria's Bashar al-Assad, highlighting a skepticism over foreign wars that transcends party lines.

Both candidates said the Middle East would be less tumultuous today if Libya's Moammar Gadhafiand Iraq's Saddam Hussein were still in charge, arguing that the United States faces a greater threat from Islamic State and other extremist groups that have flourished in their wake.

"The region would be much more stable" with Gadhafi, Hussein and Assad in place, Sanders, a Democrat, said on NBC's "Meet the Press."

"One hundred percent — is there even a doubt in your mind?" Trump, the Republican frontrunner, said in a separate interview on the same show.

Though they agree on little else, both the Democratic challenger and Trump appeal to voters who view the 2003 invasion of Iraq as a mistake and are leery of getting too deeply involved in the region.

Sanders, seeking to bite into front-runner Hillary Clinton's big lead in the November 2016 Democratic White House race just six weeks before the first nominating contest in Iowa, has criticized her for being too quick to intervene in the Middle East. REUTERS

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'Star Wars: The Force Awakens' smashes box office record

"Star Wars: The Force Awakens" shattered the domestic box office record with an estimated $238 million in U.S. and Canadian ticket sales through Sunday, a staggering debut that re-established the celebrated space saga as a global phenomenon under Walt Disney Co.

The first "Star Wars" film in a decade took in a total of $517 million at box offices around the world, second only to the dinosaur film "Jurassic World," which had the benefit of an opening weekend that included China, where "Force Awakens" won't open for weeks.

Financial and critical success for the film mark a victory for Disney Chief Executive Bob Iger's strategy of acquiring proven brands, including Pixar Animation and comic book powerhouse Marvel, to fuel Disney's entertainment empire.

Disney purchased "Star Wars" producer Lucasfilm for $4 billion in 2012 and is betting that big-budget films can draw customers even as viewers gravitate to online streaming and mobile viewing and theater attendance declines.

Over the weekend, fans reveled in the chance to visit the "Star Wars" galaxy for the first time in a decade. Filmgoers dressed as Jedi or Sith, carried lightsabers and cheered when classic characters such as Princess Leia or Chewbacca appeared on screen. Theaters added showtimes to meet demand, Disney said.

"Jurassic World" opened in June with $208.8 million in the United States and Canada and a take of $525 million worldwide.

"Force Awakens" is the seventh installment in the epic science-fiction franchise created by George Lucas in 1977.

Disney plans four "Star Wars" movies through 2019, plus major expansions at its U.S. theme parks to incorporate the droids, spaceships and otherworldly creatures of the universe Lucas invented. "Force Awakens" toys, clothing, home accessories and video games already pervade stores ahead of Christmas.

Nostalgia, plus a carefully planned, months-long release of film trailers and character profiles boosted interest. Disney, which spent more than $200 million to make "Force Awakens," also created intrigue by keeping the plot largely secret.

Critics lauded the movie's throwback feel, doses of humor and the performances of newcomers Daisy Ridley, John Boyega and Oscar Isaac. Audiences awarded an "A" grade in polling by survey firm CinemaScore.

Disney took steps to attract more women and girls to the series, including casting Ridley as the star and running commercials during shows such as "Keeping Up with the Kardashians." Forty-two percent of the weekend's domestic audience was female, Disney said.

"Force Awakens" could become the highest-grossing movie of all time, box office analysts said. "Avatar" now holds that title with $2.8 billion in global sales.

The wild card is China, the world's second-largest movie market, where "Force Awakens" opens Jan. 9. The last "Star Wars" movie in 2005 collected just $9 million there. Disney made an effort to build buzz, placing 500 miniature Stormtroopers at the Great Wall and striking a deal to stream the six earlier "Star Wars" films through video service Tencent.

REUTERS

An Imperial stormtrooper cosplayer from The Twin Suns Star Wars Club looks on as a Darth Vader cosplayer serves popcorn to fans on opening night of Walt Disney Pictures And Lucasfilm's "Star Wars: The Force Awakens" at the Brenden Theatres inside Palms Casino Resort in Las Vegas, Nevada. GETTY IMAGES

Planned Service Changes

WEEKNIGHTS
11:30 PM to 5 AM, Mon to Thu
Dec 21 – 24

WEEKEND
11:30 PM Fri to 5 AM Mon
Dec 25 – 28

No D service between 34 St-Herald Sq and Atlantic Av-Barclays Ctr

D service operates in two sections:

1. Between 205 St and 34 St-Herald Sq
2. Between Atlantic Av-Barclays Ctr and Stillwell Av (express between 36 St and Atlantic Av-Barclays Ctr)

Travel Alternatives

F N Q R and free shuttle buses provide alternate service.

- Between Manhattan and Brooklyn, transfer between D and N Q R at **34 St-Herald Sq** *and/or* **Atlantic Av-Barclays Ctr**.
- For **W 4 St** and **B'way-Lafayette St**, take the F instead. Transfer between F and D N Q R at **34 St-Herald Sq**.
- For **Grand St**, take free shuttle buses. Transfer between F and shuttle buses at **W 4 St** or **B'way Lafayette St**.

Stay Informed
Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieve pain while you suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the country for this knee arthritis pain treatment and why waiting drastically decreases your chance to live a pain free life again

OsteoRelief Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
It might even keep you from getting total knee replacement surgery.
Please pay careful attention. What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area

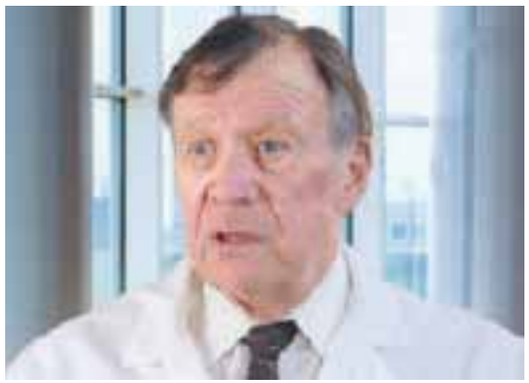
Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementaiton treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results CanBe Expected?
Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear -** many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?
Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem
The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will

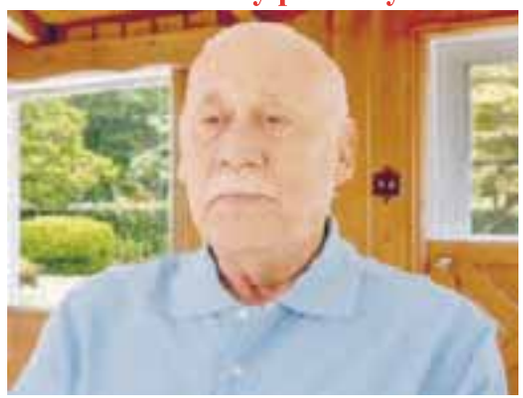
"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three month before I made an appointment with OsteoRelief Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at OsteoRelief Institute were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science.
Dr. Stanley Weiner

"I don't have any pain any more"



After I had the treatments the last tuneup I just

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. OsteoRelief said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out**. I did both legs at once which is great. When I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get one very common complaint.

And it is: "I wish I started this treatment much sooner."

Let's be very clear about this.

Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

not work.

That's why the experts at OsteoReleif Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you had viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Osteorelief Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain: *Special Your Invitation*

OsteoRelief Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Institute. For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious.When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

Left-wing parties take lead in Spain elections

Spain's ruling conservative Popular Party won the most seats in parliament in a general election today but lost its absolute majority, partial results showed with over 80 percent of votes counted.

Left-wing parties are close to winning an absolute majority of parliamentary seats in Spain's general election Sunday, preliminary results showed, likely scuppering Prime Minister Mariano Rajoy's chances of winning a second term for the People's Party (PP).

Despite garnering the most votes, the center-right PP had its worst result ever in a general election as Spaniards hurt by a grinding recession and yet to feel an economic recovery turned away from the party in droves.

Anti-austerity Podemos roared into third place, outpacing fellow newcomer Ciudadanos whose market-friendly policies had been seen as a natural fit for a PP coalition.

Podemos' unexpected surge tipped the balance to the left of the political spectrum with five left-wing parties led by the opposition Socialists and Podemos together garnering 175 seats, just one seat below the 176 needed for a majority.

Left-wing party Podemos leader and candidate for the election, Pablo Iglesias, center, speaks at the Goya Theatre after the results of Spain's general election in Madrid on Sunday. REUTERS

Such an alliance will however not be easy to agree on as some of these groups differ on economic policy or on the degree of autonomy that Catalonia should enjoy.

"The situation is highly complicated, I don't see an easy outcome," said Ignacio Jurado, politics professor at York University.

"The PP will be the first to try and form a coalition but the left-wing bloc has more chances because they add up to more seats," he also said.

The uncertainty casts a pall over an economic reform program that has helped pull Spain — the fifth-largest economy in the European Union — out of recession and dented a still sky-high unemployment rate.

"This result confirms Spain has entered an era of political fragmentation," said Teneo Intelligence analyst Antonio Barroso. "The key question is whether there will be a coalition of parties against Rajoy."

A minority PP government would be technically possible but unlikely due to the strong left-wing vote, as would be a grand coalition between the PP and the Socialists, which both parties vehemently ruled out during campaigning.

"The two-party system is over and we are entering a new era in our country."

Party deputy Inigo Errejon

At the PP headquarters in central Madrid, a party spokesman said it was clear the party had won the most votes but that the night was not over. A few dozen supporters gathered, waiting for Rajoy's appearance, some waving red and yellow Spanish flags.

"I don't understand, it's very unfair," said Marta de Alfonso Molero, a 48-year-old chemist who has voted PP all her life, speaking of the poor showing for the party. "They have dragged Spain up these last four years."

Hundreds of mostly young supporters for Podemos gathered in central Madrid in a party atmosphere, holding purple balloons, the color of the barely two-year-old party. REUTERS

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More colleges seek exemption from LGBT anti-bias rules

The group called for a more public process, saying the department should publish a yearly report on colleges that seek exemptions and oblige schools to inform students about the waivers. GETTY IMAGES

A growing number of U.S. universities are seeking religious exemptions from civil rights laws barring discrimination against lesbian, gay, bisexual and transgender students, according to a report by LGBT advocacy group Human Rights Campaign.

The group called on the Department of Education to make the exemption process more public so that students could know they might suffer discrimination at schools they choose to attend.

Colleges controlled by religious groups are allowed to ask for exemption from Title IX of the Education Amendments of 1972, which bans sex discrimination for programs that get federal funds, but recently has been used to protect gay and transgender students from discrimination.

Human Rights Campaign said 43 schools sought the exemption in 2015, up from a single school in 2013. Of 56 requests for exemptions in total, 33 schools are now allowed to discriminate on the basis of gender identity and 23 schools on the basis of sexual orientation, the group said. It said the exemptions allow colleges to discriminate in areas such as admissions, sports programs, housing and financial aid.

The Office for Civil Rights of the Department of Education has granted the exemptions to schools that operate under statements of faith and religious tenets stating that marriage is between one man and one woman, and that gender is assigned by God, according to official letters copied in the group's report.

According to the report, schools such as George Fox University, California Baptist University, Grace University and Pepperdine University have used waivers to refuse to house transgender students in dorms of their gender identity, to expel gay students, to demand lesbian students return aid money, and to refuse to acknowledge transgender students' gender identity. REUTERS

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Tyga caught in icky new cheating scandal

ALL PHOTOS GETTY IMAGES

If Justin Bieber stalking a teen girl on social media was the start of a trend, he's going to have some explaining to do. Now, Kylie Jenner is reportedly peeved at on-again, off-again rapper boyfriend Tyga after catching him swapping texts with a 14-year-old female Instagram user. Yikes. And Jenner didn't take the revelation well, according to OK! magazine. "He broke down in tears and begged Kylie to tell him the truth about where they stand," a source says. "In the space of a week she's dumped him, got back with him, told the world they're getting married and then decided to 'cool things off' and threw him out. He's in a world of paranoia right now, especially after hearing that her mom wants him out and has been showing her pictures of other guys to date." Oh right, Kris Jenner. This is going to get super-classy.

Tina Fey cops to being a mean girl

Watching "Mean Girls" and the rest of Tina Fey's career — especially "30 Rock" — you'd think she became such an expert in mean girl behavior by being on the receiving end of their terribleness. You would be wrong. It turns out that Fey herself was totes a mean girl herself. Can you believe it? "I admit it openly," she tells the Edit. "That was a disease that had to be conquered. It's a bad coping mechanism, but when you feel less than — in high school, everyone feels less than everyone else for different reasons — in your mind it's a way of leveling the playing field. Though, of course, it's not. Saying something terrible about someone else does not actually level the playing field. If I meet a girl of 14 or 15 today who is that kind of girl, I am secretly, in my body, afraid. Even though I'm 45." This is so confusing, given Fey's whole Queen of the Underdogs status. I thought we had some nerd solidarity going, man. Next you'll tell me Carson Daly didn't really care what music videos I wanted to see for all those years.

DAILY VIDEO

Tina and Amy's dope squad

Maybe you think we've moved beyond Taylor Swift parodies, but you are sorely mistaken, especially since we hadn't gotten this piece of awesomeness yet: Tina Fey and Amy Poehler take on Swift's "Bad Blood" to break down what a real dope squad consists of: several nannies, the lady at the diner who remembers Poehler's soup order, their shared gynecologist. Oh, and Amy Schumer, who isn't necessarily totally thrilled to be there. They have indeed been told that they roll deep.

Amber Rose slams butt pad rumors

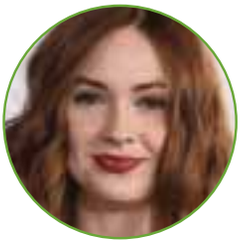
Amber Rose hears all that chatter you're making about how photos of her in tights last week seem to hint at some padding on her infamous rear, and she's having none of it. "LOL, I am not wearing booty pads," she wrote in a caption for an Instagram photo. "It's a full-body trainer that has thick lining in it for women's problem areas. I wear it when I work out. It keeps my skin tight and makes me sweat more." Thanks for that mental image.

Adele worried smoking would kill her

Adele is really proud of herself for no longer setting fire to tobacco — and with good reason — but it turns out she was eager to make the change because of some rather extreme fears. "If I'd carried on smoking, I'd probably have died from a smoking-related illness, and I think that's really bad," she tells the Mirror. "If I was dying from lung cancer, I would have potentially given it to myself, and that wouldn't be something I'd be proud of." I mean, firm but fair.

@ChrisEvans
Hacked. Sorry!

@JohnCleese
Trump and the other Republicans panickers are doing exactly what ISIS are hoping for. And they pretend they are being 'tough' No, just stupid



@karengillan
Just finished Scream the TV show. The music was so good!

@AlbertBrooks
Deleted the last tweet because I f—ed up the punch line.

@rosemcgowan
Death Becomes Her is a masterpiece. Zemeckis cared about his audience's experience. Every dept brought it.

@SethMacFarlane
Hillary's closing line was a last-minute toss-up between "May the force be with you" and "I love the smell of napalm in the morning."

10 Best nonhuman movie characters of 2015

Humans are overrated. There were many great performances in the movies this year, but less covered have been the performances by nonhumans, be they animal or animated.

MATT PRIGGE

1. BB-8, "STAR WARS: THE FORCE AWAKENS"

For the prequels, George Lucas made "Star Wars" digital, and anything that wasn't an actual human was created in a computer. "The Force Awakens" goes back to basics, not only shooting on actual film but actually hand-making certain characters. Amongst the real ones is its own mini-R2D2: a little guy or girl who's two balls excitably rolling about, bleep-blooping up a storm. The new "Star Wars" has its problems, but BB-8 is, in Internet-speak, everything.

2. SHAUN THE SHEEP, "SHAUN THE SHEEP MOVIE"

The English stop-motion animation house Aardman can always be counted on to design incredible creatures with big eyes, bigger teeth and a killer sense of timing. Shaun, the sheep from the TV show and movie spinoff named after him, follows in the footsteps of their greatest creation, Gromit (of "Wallace and," obvs), communicating loads without ever saying a word. He's grumpy ball of equal parts wonder and irritation, friendly for screengrabs to denote a rainbow of moods.

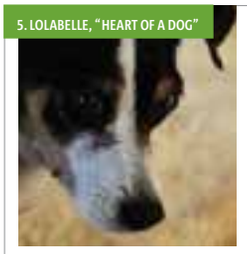
3. AVA, "EX MACHINA"

She's played by a human, and she looks human (partially), and she even seems human (sometimes). But Ava, the A.I. humanoid in this brainy chunk of sci-fi, is not human. Alicia Vikander's superbly delicate performance walks the line between fake and real so well even we, like the mousy programmer (Domhnall Gleeson) tasked with Turing testing her, can come to see her as flesh and bone, even if the only things that look real are her face and hands.

4. ARLO THE APATOSAURUS, "THE GOOD DINOSAUR"

"The Good Dinosaur" will become Pixar's lowest-ever grosser, but we'd like to make a case for its star. Arlo is a runt of a dino and a real scaredy-cat. And though his arc is stock zero-to-semi-hero, he's beautifully designed and voiced. He seems like a real, frightened kid, in part because he's voiced by a real, frightened-sounding kid: Raymond Ochoa.

5. LOLABELLE, "HEART OF A DOG"



We're all for cats, but dogs — bundles of energy, emotionally binary — are a little more film-friendly. That goes duoble for the rat terrier seen in Laurie Anderson's semiexperimental doc. The film is partly about Lolabelle's passing, but her memory, and many adorbs dog videos, lives on in the film.

6. BUNZO, "KUMIKO THE TREASURE HUNTER"

Admittedly Bunzo, the rabbit in this unusual indie, doesn't do much. He's the very self-reliant pet of the movie's very self-reliant hero, Tokyo loner Kumiko (Rinko Kichuchi), who is so cut off from her fellow humans that when she happens upon a beat-up VHS copy of "Fargo," she thinks its tale of buried treasure is real and seeks to find it. That means ditching her only friend as she travels. Poor Bunzo.

7. SADNESS, 'INSIDE OUT'

Pixar again! It's tempting to go with Bing Bong, the tragic imaginary friend in their pretty gutting peek inside the mind of a little girl undergoing a brutal adolescence. But as with "The Good Dinosaur," we're a little more in league with the downer character voiced by "The Office's" Phyllis Smith, the embodiment of one of the kid's four chief emotions. She's frustrating but necessary, just like real sadness.

8. PADDINGTON, "PADDINGTON"

Colin Firth originally voiced Michael Bond's beloved sentient stuffed bear, but the film just didn't work. And so the makers got Ben Whishaw. That did it. It's a fit as smooth as a good jar of marmalade.

9. HAGEN, "WHITE GOD"

We're not a fan of this keyed-up Hungarian drama about a dog who shuffles between various abusive owners and captors. But we are totally about its canine lead. We'd love to even vote his two actors, Bodie and Luke, in end-of-year acting polls. It's not easy getting strong dog performances, especially in a film so mean to its nonhuman stars. Bonus: Bodie and Luke have hilarious IMDb trivia pages, each of which simply read "Is a dog."

10. THE BANKER BROS., "THE BIG SHORT"

Arguably the scariest scene in "The Big Short" finds our good banker heroes encountering some bad bankers — specifically two giggly bros (Max Greenfield and Billy Magnussen) who can't wait to tell them about all the poor people and immigrants to whom they knowingly sold bad loans, fully aware they wouldn't be able to make their payments. "They're not confessing," points out one of our protagonists. "They're bragging." Luckily no flesh-and-blood human being would screw over not only innocent people but the world economy as well.

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Gugu Mbatha-Raw scores a touchdown

The "Belle" and "Beyond the Lights" actress learns about American football with "Concussion."

MATT PRIGGE
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Gugu Mbatha-Raw plays Prema, the wife of Will Smith's struggling pathologist Bennet Omalu in "Concussion," opens Friday.
COLUMBIA PICTURES

Gugu Mbatha-Raw is not American, so "Concussion" was really her first exposure to America's most popular sport: football. The drama tells the true story of Bennet Omalu (played by Will Smith), a Nigerian pathologist who tried to warn the NFL that many former players were developing CTE, a brain disease that drives victims to madness, even violence and suicide. The British actress — and a current "it" girl, thanks to her lead turns in "Belle" and "Beyond the Lights" — plays Prema, Omalu's wife, who comes from Kenya, falls for him and helps build up his confidence as the NFL tries to destroy his credibility and life. But Mbatha-Raw says Prema is not just your one-note supportive wife.

The movie is very harsh about the NFL and football, but it does try to argue for it, too. What is your take on football, especially as a non-American?

For me the danger is always obvious: You can't not watch the game and see it's dangerous. But it was fascinating the way the script constructed this argument. It's a balanced film. It's not against football. You get to see and appreciate the beauty in the game and all of the wonderful benefits: the pride it brings out of people, the sense of unity and community.

Prema's not just The Wife. It's clear they're a team.

Absolutely. Before Prema came into his life, Bennet's world was all science — all autopsies and dead bodies. She comes into his world and brings a real sense of humanity and an emotional support system and a spirituality. It's a spiritual film on many levels, in terms of how Bennet and Prema's faith really guided them to survive the bullying that went on. That combination of science and faith is something you don't often see.

You can probably relate to the idea of assimilating into new cultures just from being an actor. You've been all over the map the last several years.

I've been very nomadic. I was just in South Africa last week working, and in New York the next day, and I'm off to London tomorrow. But it's wonderful to have the opportunity to travel the world with these stories. With something like "Concussion," it's about American football on the surface, but I think the other themes of the movie really do transcend culture. When you travel a lot you get to appreciate what we share as humans — those stories about morals and faith and courage and love.

This is one of Will Smith's serious movies. What's it like watching him switch things up, given how he's a goofball in real life?

Don't be fooled by that. He works incredibly hard. Will's natural personality is very effervescent and playful, but as an actor, he shows his range, especially in this movie. He has a great balance in terms of taking the work seriously but not taking himself seriously.

About 'Beyond the Lights'

Mbatha-Raw starred in the backstage melodrama "Beyond the Lights," one of last year's best films. It should have been huge, but it underperformed. But Mbatha-Raw says it may live on via home video.

"People constantly mention it to me," she tells us. "I know that Lena Dunham tweeted that it replaced 'Clueless' as her favorite chill-out afternoon relax movie. People are definitely talking about it, which is wonderful. Movies are not just about opening weekends. It's about having a life beyond that. I think it will find its audience."

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#BlackLivesMatter, Trayvon Martin and 'Deadly Injustice'

A new book explores how race influences how we think about criminality — and what happens inside the courtroom.

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Right now, the country is engaged in a passionate debate about race and the criminal justice system, a topic that in the past few years has dominated headlines — and there's no sign of that changing. A book by criminology scholars, "Deadly Injustice," uses statistics and real court cases to show exactly what Americans' views on race are, and how they influence the decisions made within our legal system. We talked to one of the authors, George Mason University criminology, law and society professor Devon Johnson to dig a little deeper.

Nationwide protests are now commonly organized through social media.
GETTY IMAGES

The bulk of the book focuses on Trayvon Martin. What was it about that case that embodied everything you wanted to talk about?

We started developing ideas for the book right after the acquittal of George Zimmerman. The case brought a lot of issues together, such as the public perception of who is suspicious and who is a criminal, police profiling and the court system.

How did social media play a role?

It had a very significant impact on what happened with the case. We know these types of situations have happened many times in the past, but they hadn't garnered this level of national attention. Trayvon's parents filed an online petition to bring attention to the case and put pressure on the prosecutor's office. It was a turning point in that way.

Millennials and young people really paid close attention to this case, largely because of social media.

Yes. And they can relate to it because [Trayvon] was a young guy and these experiences, particularly for young black men, are experiences that they have every day. … We saw national-level protests that were organized through social media.

Police brutality against blacks and Latinos now regularly make the news. What do you think this will mean for society long-term?

Right now we're seeing a continuation of historical trends and patterns. This is not anything new. It's getting significant attention right now, particularly because we have video evidence in some cases, which we did not have before. People of color tend to distrust the criminal justice system more than white folks, but I think for everyone, this is a time where people are really questioning the legitimacy of the criminal justice system.

The book shows that people perceive neighborhoods with black people as more dangerous, and it's something people do automatically, not consciously. Do you think this is something that can be changed?

These are entrenched problems and patterns with a historical legacy. I do believe more dialogue and increased contact can address some parts of this epidemic, but it isn't going to happen overnight, and it's going to take a sustained effort.

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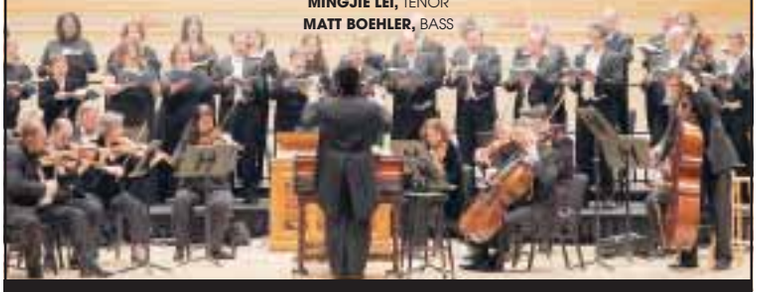
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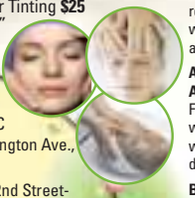
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Tips from The Moth for nailing any kind of presentation

How to master the art of storytelling.

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From TED Talks to podcasts to Moth SLAMS, our culture is obsessed with storytelling. But sharing one's personal narrative isn't just a way to entertain a group of strangers and friends: It's also a vital skill. Whether you're an entrepreneur pitching your business idea in front of would-be investors, a freelancer going to a networking party or a college senior writing a cover letter for your first job, being able to tell an engaging personal story will help you stand out from the pack.

As co-founder of the Moth's education program, Micaela Blei knows how to get the best stories out of even the most reticent individuals. The former teacher and two-time GrandSLAM champion coaches New York City adolescents — not exactly the most vocal bunch of humans — to open up about their lives in front of strangers, teachers, parents and, perhaps most terrifying, their peers. And to great success.

"We've seen our students take their Moth stories and do exciting things with them," she says. "A few have taken the transcript of their story and edited it into a college essay. And one student took audio of her story and made it into a film that she later submitted to the TriBeCa Film Festival — and won."

We asked Blei for her tips on how to tell a great story, for the next time you have to give a presentation, impress at a job interview or write an essay.

Talk it out

When giving a presentation it's important to sound natural. You want to draw people in, communicate with them, and the best way to do that isn't by writing a speech and memorizing it. "Sharing a story as yourself isn't performing a monologue," says Blei. Instead, try to tell your story into a tape recorder — or in front of a friend — and refine it from there. "Make a bullet-point list of what's going to happen so you can stay on track, but don't write out the whole thing." (Blei recommends saying your story when writing personal essays too, to help give them that intimate feel.)

Be vulnerable

Listeners respond to those with whom they can empathize, so don't try to mask your insecurities or faults. Be honest in your story, of course, but admit it or make a joke about it if you're feeling nervous or if you trip up. "It's OK to be scared; it's a scary thing you're doing," says Blei. "And if you tell the audience what you're feeling, they will be on your side and root for you."

End with a bang

You definitely want to start strong, of course, but you should leave your audience pumped up, inspired and on a strong note. "You don't have to tie your story up with a perfect little bow," says Blei. "But you don't want to peter out. Follow your bullet points so you don't lose sight of your conclusion."

Learn to SLAM

Starting this spring, The Moth will launch its All-City SLAM Program in New York City. An expansion of the Moth's after-school program, the opportunity allows students grades 10 through 12 from all over the Big Apple to apply to join the All-City SLAM team. Thirty students will be selected to attend six storytelling workshops and prepare for a live SLAM event. "It's helped me be more able to address my emotions," says Mmachi O. Dimoriaku, a junior at Dreamyard Preparatory High School in the Bronx and a current SLAM student. "When I did my first SLAM, I was so scared. But after I told my story, all these people came up to me and said, 'I understand how you feel,' or 'I cried hearing your story.' That was emotional." To apply, go to Education.themoth.org/allcity.

Mmachi O. Dimoriaku speaks at a Moth StorySLAM for high schoolers in New York City. JASON FALCHOOK

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Giants nearly slay Panthers

New York made a huge run late, but couldn't knock off the unbeaten Panthers.

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If Dandy Don Meredith was still with us, he'd definitely be warming up his vocals, because the Giants' 2015 party is nearly over.

It wasn't necessarily artistic for the Carolina Panthers (14-0), but they found a way to hold off Big Blue on Sunday at MetLife Stadium in a thrilling 38-35 win. The victory extended their perfect season.

The Giants were down 35-7 in the second half, but somehow managed to tie it late in the fourth quarter on the strength of multiple Carolina three-and-outs, a blocked field goal, and big plays by Eli Manning and Odell Beckham Jr. Ultimately, Carolina showed true championship mettle, though, as Cam Newton found a way to drive a stake into the Giants' hearts. His final-minute drive helped set up a Graham Gano walk-off 43-yard field goal.

Newton registered 25 of 45 for 340 yards, five touchdowns and no interceptions (including 100 rushing yards), while showing an impressive gritty side that overshadowed his normally flashy persona, as he fought through a leg malady, three sacks, and 10 knockdowns to lead Carolina into field goal range.

New York (6-8) now sees its season on the edge of being over, as it dug itself too big a hole with the 28-point deficit. Oh, and the Redskins jumped ahead in the NFC East standings with a win over Buffalo on Sunday. It'll take nearly a perfect storm for Big Blue to win the NFC East and avoid missing the playoffs for the fourth-straight season.

What we saw:

1 Batman vs. the Joker

This tilt was hyped as the matchup of the season, as Beckham and cornerback Josh Norman collided. Initially, it was reminiscent of a 1980s Mike Tyson fight, as the latter manhandled the former. Beckham, who made waves with his Joker cleats last week in Miami, was neutralized by the self-proclaimed Batman for a majority of the game, as Norman held him in check with six catches for 76 yards and a touchdown. Beckham surprisingly dropped a wide-open touchdown that would've been a 52-yard score early in the opening quarter. He was also flagged for multiple 15-yard penalties for unsportsmanlike conduct and personal fouls — all baited by Norman.

It wasn't his finest hour — he didn't notch his first reception until the 5:20 mark of the third quarter. But he made up for it when he burned Norman for a 15-yard touchdown on fourth-and-5 to tie it at 35-35 with 1:46 remaining. It could've been a dream ending for Beckham had Big Blue found a way to get the win, but in the end, his effort was all for naught.

Carolina's Corey Brown finds the end zone in the third quarter Sunday. GETTY IMAGES

Big Blue notes

- Jason Pierre-Paul finally got his first sack of the season late in the first half.
- Newton's 47-yard run was the longest by a quarterback against the Giants since the 1970 merger.

2 Running game revived

Big Blue entered the game with one of the worst rushing attacks in the league. And while they still hold that distinction, they at least put forth a very respectable ground game Sunday as Rashad Jennings recorded the first Giant 100-yard rushing day with a game-high 107 yards. Jennings' effort was impressive considering the Panthers are stout against the run. His game-high 16 carries was a tone-setter for the Giants, as they methodically chipped away at the deficit and forced Newton and Co. to helplessly stay on the sidelines. Big Blue can only hope this was the impetus to kick-start the usually sedated ground game, as they enter next week in an absolute must-win contest.

3 Battle of the elite

Newton and Manning engaged in an old-fashioned shootout, as every bit of those yards and touchdowns were needed by both. Newton ultimately outdueled his fellow No. 1 overall pick — he registered his third game with at least five touchdowns — but Manning was just as lethal in shredding Carolina's famed secondary, as he went 29 of 46 for 245 yards, four touchdowns, and one interception. The Giants are going to need even more from Manning, if that's possible, as their season hangs by a thread. But at the very least, the Giants' 2015 demise can't be pinpointed at No. 10.

Cosmos soccer to get 'academy status'

The New York Cosmos are breaking the mold as the NASL champions are looking to ensure their future. Metro has learned the club has received "academy status" via US Soccer.

In a move expected to be announced this week, sources said the Cosmos have achieved the highest recognition for their youth system that the national soccer federation can hand out. The academy status label will let the Cosmos start their own system, designed to be a pipeline to their "B Team" (reserves) up to their storied first team.

The process to become recognized began in the summer of 2014 and they now have the greenlight for an U-12 program that will be fully recognized by US Soccer. The development of their own academy system — the Cosmos currently have 19 affiliate teams in the area but not their own team — was done, in the words of one team source as "the next step in the growth of the club."

Internationally, and increasingly so in the United States, the academy system is becoming a feeder to first teams. This allows for young talent to be bled into the system, talent that was developed and groomed to play their way.

The source said that the application is currently pending, with US Soccer for U-13 and U-14 teams. The academy will start with boys teams with the source saying that the club does envision a similar system for a girls set-up in the future.

Interestingly, with the club's long-term vision being its own soccer-specific stadium, the source said that at some point the idea is to develop a residency academy program as part of the stadium development.

Last month, the Cosmos won their second Soccer Bowl in three years, lifting the trophy before a sold-out crowd at Shuart Stadium on Long Island. KRISTIAN DYER

The Cosmos reigned supreme this past season. GETTY IMAGES

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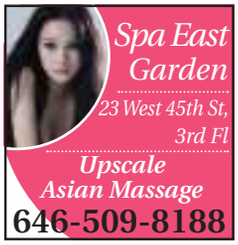

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NOTICE OF FORMATION of RaChun LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 10/02/2015. Office location: New York County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 170 Amsterdam Ave. #5D, New York, NY 10023. Purpose: any lawful activity.

NOTICE OF FORMATION of SISI Management LLC. Articles of Organization filed with the Secy. of State of New York (SSNY) on 12/09/2015. Office location: Queens County. SSNY is designated as agent of LLC upon whom process against it may be served. SSNY shall mail process to the LLC c/o 2068 East 14th Street, Brooklyn, NY 11229. Purpose: any lawful activity.

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All state symbols of Massachusetts
All chemical elements
All palindromes
All words that contain 'old'
All words of ten letters

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Chickadee	Manifold	Chandelier
Rowdy	Tangelo	Efficient
Under	Rampage	Radon
Kayak	Iron	Unfolding
Lemon	Cod	Orange
Golden	Republic	Negotiable
Flag	Rotor	Toro
Substitute		Liberty

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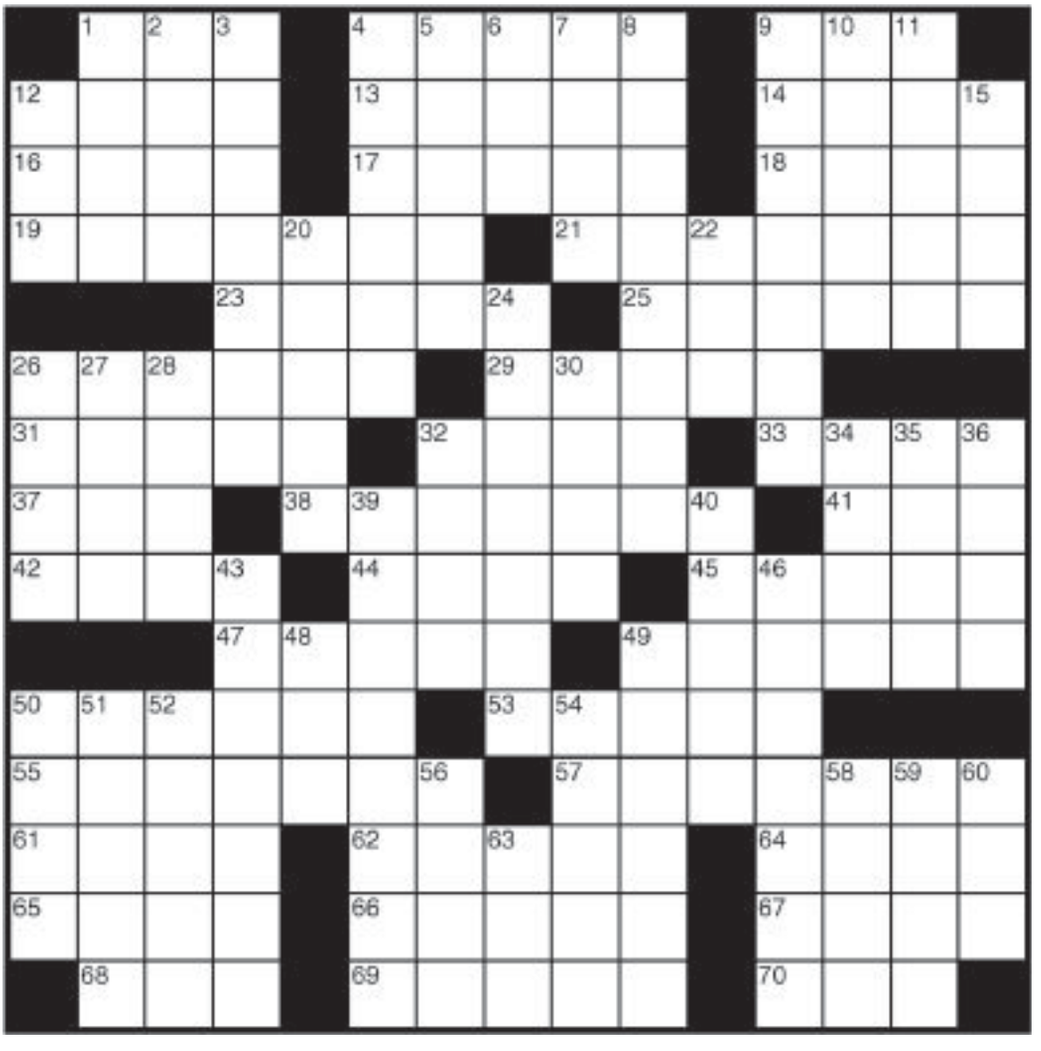
Across

1 In the know
4 Kind of cake
9 Billiard stick
12 Wrestling style
13 Foul-up
14 Ant horde
16 Joie de vivre
17 Argot
18 Shoestring
19 Is game (2 wds.)
21 High, as a river
23 Blooms
25 Gets smart with
26 Milady's escort
29 Zen master's poem
31 Russian pancakes
32 Fossil impression
33 Do road work
37 Chatty alien of TV
38 Smelly stuff
41 Shadowy
42 Fastest jets
44 Mix batter
45 Indy 500 sound
47 Dilate
49 Picayune
50 Gauguin's island
53 Morning —
55 Put up with
57 Got too big
61 Hair treatment
62 Rest stop sight
64 Nope (hyph.)
65 Compos mentis
66 Needle or rib
67 Successor to Claudius
68 Mal de —
69 Organic compound
70 — Paulo

Down

1 Storytelling dance
2 "— — Old Cowhand"
3 Seaplane part
4 Hailed on
5 Easy-to-find constellation
6 Coffee brewer
7 Eggy drinks
8 Very sleepy
9 Telephones (2 wds.)
10 Europe-Asia divider
11 Philbin or Sajak
12 Do alterations
15 Urges
20 Bit of mistletoe
22 Hard wood
24 "Whole" thing
26 Business degs.
27 Pandora's boxful
28 London elevator
30 Trapped like — —
32 Complimentary
34 Hubbubs
35 Strad
36 Tube trophy
39 Step down, in a way
40 Turn inside out
43 Lifeguard
46 Sci-fi weapons (2 wds.)
48 Give — — whirl
49 Working cat
50 Bakers' meas.
51 Elite squad (hyph.)
52 Jazzy Lena —
54 Baggy
56 Tints
58 Ms. Perlman of "Cheers"
59 Drachma's successor
60 What and where's partner
63 Edge a doily

FOR THE ANSWERS TO TODAY'S PUZZLES, metro.us/games



games

metro.us/horoscopes

Aries Avoid any type of dispute that has the potential to end in insult or injury. Discipline and controlled changes will bring the best results.

Taurus You'll have plenty to offer. Your co-workers will value your input. A job opening will grab your interest. Vie for the position before it's too late.

Gemini Be observant and listen carefully. You don't want to be left out of the loop, especially if it could affect your chance to get ahead.

Cancer Prepare for upcoming festivities. Favors will be granted and someone you love will have a welcome surprise for you.

Leo Emotional matters will escalate if you aren't willing to compromise. Don't view meeting someone halfway as a loss when in truth it's a new beginning.

Virgo Reunite with old friends. Look for ways to please the ones you love. Pick up last-minute items.

Libra Legal, contractual or medical matters are best tended to before everyone breaks for the holidays. Tie up loose ends and put your mind at ease.

Scorpio Romance is on the rise, and future plans can be made. Travel plans will give you incentive to get unfinished business out of the way.

Sagittarius Don't leave anything unfinished, so you can enjoy a little downtime. Mixing business with pleasure will lead to great allies in the new year.

Capricorn Enjoy spending time with children or loved ones. Don't let the hectic pace of the season lead you to neglect what's most important to you.

Aquarius Someone's generosity or deep interest in your actions will be driven by ulterior motives. Make changes based on what you want.

Pisces Do something nice in order to set a standard for friends and family to follow. Your intuition will help you make the right choice. EUGENIA LAST

metro.us/sudoku

easy

			2	4			3	8
6				5		9		
2			9				4	
8		1					6	7
	2						8	
4	5					3		9
	8				9			4
		5		1				2
7	6			8	4			

hard

						3	6	
	2							8
8		6	9	7	2			
		5		9	1		3	
	6		2		7		9	
	1		6	8		7		
			1	4	9	5		3
4							8	
	5	3						

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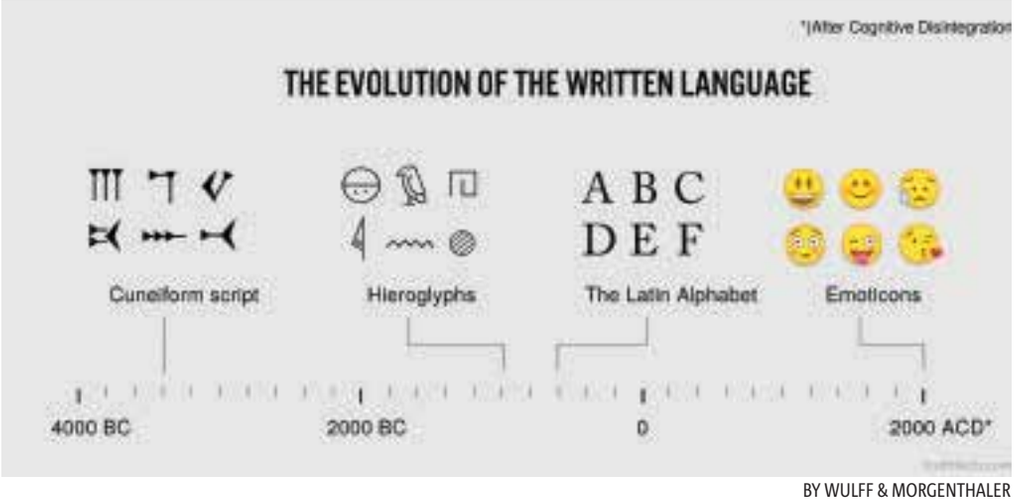

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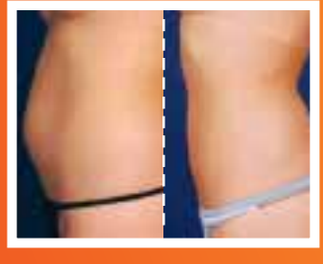

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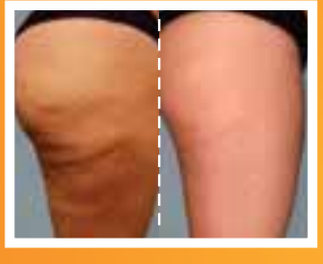

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